

SELF-MEASURED BLOOD PRESSURE LOG

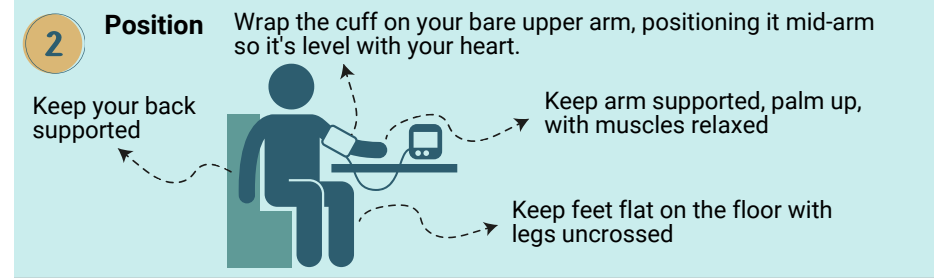
NAME: _____

| Date | Time | Arm (circle one) | Systolic / Diastolic | Pulse (HR) | Notes |
|------|----------|---------------------|----------------------|---------------|-------|
| | AM PM | L / R | / | | |
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| Blood Pressure Category | Systolic mm Hg (upper number) | and | Diastolic mm Hg (lower number) |
|--|----------------------------------|---------------|-----------------------------------|
| Normal | Less than 120 | and | Less than 80 |
| Elevated | 120-129 | and | Less than 80 |
| High Blood Pressure (Hypertension) Stage 1 | 130-139 | or | 80-89 |
| High Blood Pressure Hypertension Stage 2 | 140 or Higher | or | 90 or Higher |
| Hypertensive Crisis (consult your doctor immediately) | Higher than 180 | and/or | Higher than 120 |

TIPS TO MEASURE YOUR BLOOD PRESSURE AT HOME:

- 1 Prepare**
Before measuring:
- Avoid caffeine, smoking, and exercise for 30 minutes prior
 - Wait at least 30 minutes after a meal
 - Empty your bladder
 - Find a quiet, comfortable place to sit



- 3 Measure**
- Rest 5 minutes before starting
 - Take 2-3 readings 1 minute apart
 - Relax & stay still during measurements
 - Sit quietly & avoid distractions (no talking, TV, phones)
 - Record readings

IMPORTANT INFORMATION

Please call your doctor's office if:

- Your blood pressure is above _____ SYS or _____ DIA
- Your blood pressure is below _____ SYS or _____ DIA
- You have symptoms that concern you or have a questions about your blood pressure




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 **BLOOD PRESSURE HIGHER THAN 180/120 mm Hg IS A CRISIS. Wait a few minutes and take blood pressure again. If it's still high, contact your doctor immediately**

TIPS TO LOWER BLOOD PRESSURE:

-  Maintain a healthy weight. If you are overweight or obese, weight loss will help reduce your blood pressure.
-  Eat healthier. Eat lots of fruit, veggies and low-fat dairy and less saturated and total fat. Try the DASH diet!
-  Reduce sodium. Ideally, stay under 1,500 mg a day, but aim for at least a 1,000 mg per day reduction.
-  Get active. Aim for 150 mins per week or aerobic activity, and muscle strengthening 2 or more days a week that work all major muscle groups.
-  Monitor and log your blood pressure regularly. A noticeable change could warrant a conversation with your doctor.

